

What zone are you in?


Qwiyqwiyt

Sad estllogllóq Tired
necwéyt  'tl.lél
Sick k7ep
Bored Moving slowly

Kwalte7úy

Happy ts7ecw piyéy
Calm  OK
Focused Relaxed

Kwalt

Frustrated Worried
 Silly
wiggly
Excited

Tsiqw

 Mad geyép
Angry geyt Terrified
nxell Elated 
Devastated Out of control